

GMA now under arrest

Warrant served in her suite at St. Luke's

By GIC C. Cabacungan Jr., Mike Manalang and Jeannette I. Andrade

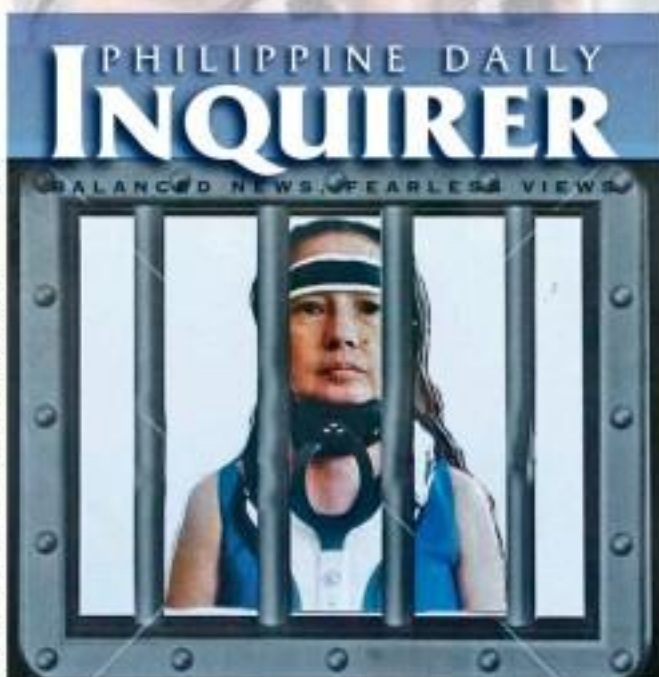
SEVENTEEN months after stepping down from the presidency, Gloria Macapagal-Arroyo was yesterday served an arrest warrant for alleged electoral sabotage.

The Pangasinan representative, once dubbed the "Iron Lady of Asia," was in bed at a 16th-floor suite at St. Luke's Medical Center in Taguig City, wearing a hospital gown and a neck brace. The serving of the warrant spanned a day of such and unexpected developments.

Junior Sgt. Jesus Basago of the Southern Police District (SPD) led a history of policemen in black berets and blue uniforms in serving the warrant. He said Arroyo was calm and had anticipated their arrival, even if he told them a smile, and waved her right to leave a reading of her rights by Senior Supt. Joel Canaan.

The warrant was served at 8:30 p.m., or two hours after it was issued by Judge Jesus Magpas of Paoay City.

P-Noy wants GMA treated with 'utmost respect,' says De Lima



PROTEST POSTER. A militant group in white-tinkling mode held up this poster of ex-President Arroyo behind bars during a rally outside the Supreme Court on Friday. Backing Lito de Lima, they called on the court to lift the TRO barring Arroyo from the country.

GMA lawyers: 'Moro-moro'; De Lima: Justice served



BALI/HQ: President Aquino meets with US President Barack Obama on the sidelines of the Asean Summit in Bali on Friday. The American president invited Mr. Aquino to the White House early next year.

P-Noy, Obama agree on Spratlys

By TJ Rungtorn
BALI, Indonesia—President Aquino has found an ally in US President Barack Obama in the Philippines' initiative to resolve the row with China over the Spratly Islands in the

West Philippine Sea (South China Sea), with the US leader saying they would "look out for each other."

The two leaders agreed to a 30-minute meeting before leaving yesterday at the Grand Hyatt Bali hotel on the

By Nina Calleja and Christine Y. Esperron

LAWYERS of former President Gloria Macapagal-Arroyo yesterday denounced the election sabotage charges filed by the Commission on Elections against the Pangasinan congresswoman as a "moro-moro" (hoax) and that the process by which it came about was

Justice Secretary Leila de Lima disagreed, calling the legal action taken against Arroyo "the real triumph for justice and accountability."

"You're late here, sir," De

Lima said at a press conference in Malacanang.

De Lima's remarks clashed with those of Ferdinand Ropico, the lawyer of Arroyo's husband, Jose Miguel Arroyo. Topacio said it was impossible for a judge to assess and render a decision on the charges within one day.

Should that happen, the ComCon and the Department of Justice would be making a complete mockery of the judicial system, he said.

"This recommendation of the ComCon has to be presented in court which will carry out its own assessment and analysis to

GMA LAWYERS/410

Lawyer Topacio's 'family jewels' saved by the bell

By Christine G. Arendano

AT LEAST, lawyer Ferdinand Topacio's "family jewels" have been saved.

This was the reaction of presidential spokesperson Edna Lacerda to the announcement by the Pangasinan police yesterday that they had already served an arrest warrant on former President Gloria Macapagal-Arroyo in charges of electoral sabotage.

LAWYER/42

High court affirms TRO: It still stands

By Marlon Ramon

THE SUPREME COURT yesterday affirmed its decision to allow former President and now Pangasinan Rep. Gloria Macapagal-Arroyo to travel abroad despite strong opposition from the Aquino administration.

Two later in the day, shortly after a Paoay City court ordered Arroyo's arrest, the high court's unanimous and outspoken Justice Minister Marlon Ramon announced that the former President could no longer leave the country.

Marques said, however, that the temporary restraining order (TRO) that the high court issued on Tuesday on the inclusion of Arroyo and her husband in the investigation watch list "will stand."

"But if you're going to ask whether the former President can still leave, she is now barred because of the nature of arrest," Marques said in a hastily called news briefing.

He added, "Technically, the order allowing Arroyo to travel and the TRO on her watch list are now moot. There

ARROYO/410



TY TITANS Lawyer Felipe Gozon (left), chief executive and chair of GMA Network Inc., Eugene "Gabby" Lopez III, chair and CEO of ABS-CBN, and Manuel Pangalanan, chair of TV5, share the stage with congeniality at the Ad Congress in Cagayan de Oro province on Friday.

Ad Congress told TV's Big 3 not a crowd

By Juan Escudero Jr., Inquirer Southern Luzon

ILL, Cagayan de Oro—There is more for them. This was affirmed yesterday by the top executives of the country's three main television networks in a historic encounter at the 22nd Philippine Ad Congress, the biennial gathering of advertisers that this year chose the theme "Changing the Game."

ABS-CBN, GMA 7 and network TV5 were in a doublet two against one showdown for ratings, less yesterday their chief executive officers (CEOs)—Eugene Lopez III, Felipe I. Gozon and Manuel V. Pangalanan, AD CONGRESS/420

Ad Congress boosts local economy/425



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P-Noy gives go-signal for P1.1-B Naia rehab

By Christine G. Arcandillo

PRESIDENT Aquino has given the go-signal for the P1.1-billion rehabilitation plan for the Ninoy Aquino International Airport (NAIA) terminal 1, deemed one of the worst and most badly airports in the world, according to Transportation and Communications Secretary Ben Rosendo.

In a Pines news conference on Tuesday, Rosendo said that the rehabilitation will be a ground-and-anchor-in-one-stone because in the 4,000-hectare and 20-year-old airport terminal started January next year and lasting 18 months.

It said they will begin the service of the original architects of the airport—Londono Llamas Associates since they have the original blueprints and design for the terminal.

Export assistance

The government will also give the service of various of the world's best airports—Singapore Airport in Singapore to help in the rehabilitation. Those airports will come in the money to look into the rehabilitation plan in the end of this month and submit their findings in January next year.

"The structural configuration of terminal 1 is already built so we cannot change it, we cannot move things around," he said.

we are doing is making the best of what we have," Rosendo said.

The rehabilitation of the airport was needed as it had been built in 1961 and it was seriously damaged by construction of a 12-million passenger a year and their terminal 3 in 1991, according to Rosendo.

While improvements were made in 1996 at time for the country's bidding of the Asia Pacific Economic Cooperation summit in Manila, he said that since then the last 20 years, the airport had "perished" 50 million more passengers.

Aesthetic touch

Rosendo said the work of the rehabilitation will go according to interior design for the airport amounting to P300 million for aesthetic structural upgrades, the government will spend P150 million.

The government will also shell out P100 million for capital cost savings in "value engineering" of the airport.

They will also spend P50 million for the improvements to 72 gates in the airport as well as another P50 million for security and access control.

"We assure the public we're doing all we can to provide them with a safe, reliable and comfortable facility," Rosendo said.

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DepEd to build new kindergarten schools

By Sara Quijano

NEW KINDERGARTENS will be constructed throughout the country by the Department of Education (DepEd) to help in the public preschool program.

In a recent, Education Secretary Armin Luistro said the kindergarten school building program is part of the government's efforts to make available the Early Childhood Education Program, which this year has been enhanced to include an early 3-year-old students as well.

The expansion has been aimed by teachers' groups as it was considered despite the continuing shortage of school facilities and teaching staff.

Some 1.8 million 3-year-olds signed up for the national public kindergarten program this year.

Kindergarten classes are currently being held in designated classrooms, where available, and private school classrooms have to double as preschool rooms in some schools. The al-

ternative presents problems in its under-served communities.

According to DepEd Order No. 97, dated Nov. 11 and released regarding single-use kindergarten school buildings will be built in priority areas to be identified by the Bureau of Elementary Education, which oversees the implementation of the public preschool program.

Space for learning

The DepEd said target schools should have sufficient school sites for the construction of a single-story kindergarten building, designed to be a standard 7 meters by 8 meters wide.

Each classroom should be able to accommodate between 20 to 30 students, the DepEd said.

"This will allow kindergarten children to have enough space for physical and interactive learning activities," the order said.

The DepEd will also be providing school furniture, including tables and chairs, outdoor learning and recreation tools.

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P-Noy skips meet with UN chief, gala dinner

By T. R. Rios

MANILA, Philippines—President Benigno Aquino III, who is in Manila, Philippines, skipped Friday afternoon's bilateral meeting with United Nations Secretary-General Ban Ki-moon, and last night's gala dinner hosted by Indonesian President Susilo Bambang Yudhoyono.

Asia-Pacific leaders, includ-

ing US President Barack Obama, skipped off to their bilateral talks for the gala dinner hosted by President Susilo Bambang Yudhoyono at around 6 p.m. at the Bali Nusa Dua Convention Center, and Mr. Aquino wasn't even among them.

Phone call off

"No," Communications Secretary Ricky Carandang said

when asked by phone if the President was attending the dinner. The call, however, was on hold.

"He had a pressing issue that he had to attend himself on," Foreign Secretary Albert Del Rosario, who accompanied Mr. Aquino to the meeting with Ban Ki-moon, said in an earlier interview.

The 3:30 p.m. bilateral meeting, which was reported by the

UN chief, took place at around the same time as the break in a seven-month bad feud between Aquino and President Susilo Bambang Yudhoyono in Manila.

Del Rosario thanked the UN chief over the body's various programs for different sectors in the Philippines, while Ban Ki-moon lauded the Philippines for its contribution to the Rome Statute, among others.

US, China rivalry spills into Asean meetings

The two major world powers' differences over trade, human rights, and other issues spilled over into meetings of Asia-Pacific leaders on Friday as the two countries

joined over 100 heads of state in gathering in Bali for the 12th ASEAN Summit in the West Philippine Sea (South China Sea).

The Chinese government has already declared the maritime dispute off limits at Thursday's talks, to be attended by 12 Philippine leaders, including President Benigno Aquino III.

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The remark is the latest in a series of tensions between the two countries in the region, including the South China Sea dispute, human rights, and other issues.

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Unprecedented, disaster and humanitarian relief

China also invited Mr. Aquino to visit Washington

only next year.

"They still advised the two-U.S. leaders' Summit at the Bali State Day Convention Center, rather than the Asean Summit."

During Mr. Aquino's at the hotel's grand ballroom, Obama said the ties between the two countries were back on track, and would grow even stronger in the coming years.

Inevitable personal relations

"We have a 60-year alliance that means that we are looking out for each other when it comes to security, but more importantly, we have inevitable personal-to-person relations between our two countries," Obama said.

Obama said he, Aquino, before US and Philippine officials, including Secretary of State Hillary Clinton and Foreign Secretary Albert Del Rosario.

The meeting, Obama said, was an "opportunity for us to discuss how we can further deepen that relationship" and build "mutual respect" among other topics.

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Taiwan exec pleads guilty for underpaying Pinoy maid

BANGOR CITY, Missouri—A Taiwanese representative charged with violating US labor laws by underpaying and overworking her Filipino housekeeper had agreed to plead guilty to the charge, her lawyer said on Thursday (14th) in Manila.

Hsueh Hsiao-Lin, director general of the Taipei Economic and Cultural Office (TECO) in Manila City, was charged in federal court on Nov. 14 with fraud in foreign labor contracting. She faced up to five years in prison and a \$100,000 fine.

The court entered a not guilty plea on her behalf at her first appearance last week.

Her lawyer, Jon Wilkins, said on Thursday that his would plead guilty to a lesser charge.

He said he is seeking to have his representative probation and deported.

"We're going to plead guilty to the single charge that's against her," he said.

Wilkins said an agreement he was making with federal prosecutors also included Liu, 54, paying the housekeeper who complained to authorities about her treatment. He said neither previous housekeeper who was arrested still is on the TECC's official list. The case also claimed Liu treated her badly, would also restrict a payment from Liu.

Wilkins said he could not discuss the amounts of the proposed payment on Thursday but said they were "not insignificant."

"That's just the right thing to do for

the circumstances," he said.

Don Ledford, spokesman for the US attorney's office in Kansas City, declined comment.

According to prosecutors, Manila House City Vice Office maintains an official relation between the United States and Taiwan and is similar to a foreign government's consulate, although the US doesn't recognize Taiwan as a sovereign state.

Prosecutors have said they believe Liu is the first foreign official to be charged in foreign labor contracting charges in the United States. Others have been prosecuted for maintaining domestic workers, but Liu is accused of violating a law covering the recruitment of foreign workers and their transport into the United States.

on their last terms.

An FBI affidavit claims: "The respondent [the housekeeper] in the Philippines in September 2011. According to the woman's visa application, her two-year employment contract called for her to be paid \$1,240 a month, work 40-hour weeks and to be entitled to overtime pay."

Prosecutors claim the woman was actually paid \$400 to \$450 a month, worked 26 to 30-hour days and was threatened with video surveillance equipment at Liu's residence in Kansas City home in Johnson County, Kan. They also say Liu took the woman's passport and was "verbally abusive."

The US State Department did not immediately return a call seeking comment on Thursday.

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Rare mineral found in underground river

ONE TOP of its richness, to the New 7 Wonders of Nature, the Puerto Francisco Underground River (PFR) has opened a horizon with the discovery of an ore rare to rare cave mineral—selenite mineral.

Puerto Pilanesa City Mayor Edw. S. Regalado said the mineral was found by explorers earlier this year from the underground river's location and brought to the University of Botswana and the University of Missouri and Illinois in St. Louis, both in early for mineralogical analysis that led to the discovery of a completely new rare mineral, the selenite, a magnesium phosphorus.

Collective triumph

The mayor had said the discovery of the mineral was a collective triumph for all those who had said "This cave can open to promote its best interest, and winning in the PFR is a collective triumph led by us, not just President Aquino and supported by millions of citizens who funded our call to open this last treasure and online."

Regalado said the whole

mineral is a well-known cave mineral, selenite, was never found before in caves and is extremely rare elsewhere. He added that 11 months have been found in 1998, but other caves would not show worth of selenite. Selenite is a very rare mineral, to the possession of Puerto Francisco, Regalado said its presence is different than that of PFR.

"PFR is really blessed with nature's beauty and beauty has been part of making history," Regalado said.

Most interesting time

Geologist Edwin Feltz underscored the uniqueness of PFR. He said it is the most interesting cave in the world from the point of view of geology and anthropology since it is also home to a 20-million-year-old fossil of a sea cow, or dugong, embedded on the limestone wall.

Regalado said that PFR's discovery was the product of collective effort and he expressed gratitude to the members of the PFR Task Force headed by Interior Secretary Jesse Robredo as a whole.

Fourteen members: Ramon Almonte, Vice-President, and Executive Secretary Romulo Pila (national cave caving manager), and the only Filipino people for their whole lives, all support to win a place in the PFR.

Robredo took note of the mayor's support to PFR. "It is Filipino city and province as we have to have just the pride and joy of the people of Palawan but of the entire country as well," he said.

Regalado also expressed gratitude to President Aquino for being the No. 1 supporter to PFR.

"Not above all, we thank God for making the Philippines not only beautiful, but, our country is a beautiful land with resources and the PFR is just one of the many natural wonders. We don't have to look hard to find at least one natural wonder in each of our country's regions or provinces. And we in Puerto Pilanesa City will be more than ready and willing to support these natural wonders. That's the heart we can be considering the conservation of support we get nationwide," Regalado concluded.

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Helping Your Child Eat healthy

Children's health is a top priority for every parent. One of the best ways to ensure your child's health is by encouraging them to eat healthy. Healthy eating habits can help your child grow strong, develop good habits, and avoid chronic diseases. Here are some tips to help you guide your child towards a healthy diet.

1. Lead by example: Children learn by watching their parents. If you eat healthy, they are more likely to do so. Show them how to prepare and enjoy healthy meals.

2. Involve your child: Let your child help with meal preparation. This can be as simple as washing vegetables or stirring a pot. Involvement makes eating healthy more fun and teaches them the value of food.

3. Offer a variety of foods: Expose your child to a wide range of fruits, vegetables, whole grains, and lean proteins. Encourage them to try new foods, even if they seem picky at first.

4. Establish routines: Set regular meal and snack times. This helps regulate their appetite and prevents overeating. Avoid grazing throughout the day.

5. Limit screen time: Too much screen time can lead to mindless eating and a sedentary lifestyle. Encourage outdoor play and family time instead.

6. Be patient and positive: Changing eating habits takes time. Praise your child for trying new foods and making healthy choices. Avoid using food as a reward or punishment.

7. Read and cook together: Reading cookbooks or recipes together can be a fun activity. It also helps you understand the ingredients in the food you are eating.

8. Hydration: Encourage your child to drink plenty of water. Limit sugary drinks like sodas and juices.

9. Portion control: Teach your child about appropriate portion sizes. Use smaller plates and bowls to help them visualize serving sizes.

10. Create a healthy environment: Keep healthy snacks visible and accessible, and limit the presence of unhealthy foods in your home.



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All Veggie Chopway

Introducing a new line of healthy, delicious, and convenient vegetable-based products. All Veggie Chopway is made from real vegetables and is perfect for busy families. It's a great way to get your daily vegetable intake without the hassle of chopping. Available in various flavors and packaging sizes, it's the perfect addition to your pantry.

Benefits of All Veggie Chopway:

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HOT BUY



Van Houtte

P 35.00

Van Houtte



almonds (2)



Sweeping arrests in Basilan feared

List of attack suspects alarms bishop, Moro rebs

ZAMBOANGA CITY—Virtually half of an entire village was recommended charged in connection with the Oct. 18 attack that led to the killing of 19 soldiers in a Basilan town, prompting the province's bishop and the guerrilla group Moro Islamic Liberation Front to call for a review of a list of suspects prepared by the military.

Basilan Bishop Martin Duwood and the MILF said the list was "unbelievable." "Gloria (My God)," Duwood said in a phone interview.

Duwood immediately checked at the sheer number of people in the charge sheet because it exceeded the number of adult males in Zamboanga City in all Basilan towns.

The charge sheet recommended the filing of charges against at least 300 people, mostly unidentified, he said.

He said the list was "unbelievable" because it exceeded the number of adult males in Zamboanga City in all Basilan towns.

Duwood said it would be better for the government to review the list and to conduct "good research." The "biggest" task, he said, would be to identify the "good" people in the village of Basilan to prepare a more credible list of suspects. He said it appeared that the list was "too long."

The MILF said it was based on reports from the "Commission on Disarmament, Demobilization and Reintegration" (CDRI) that the village of Basilan had a total of 1,000 people.

"Of the 1,000 people, less than 300 are male," he said. "The rest are women and children." "Our intention was to clear the village of all people that are really going after" the military.

He said the list was "unbelievable" because it exceeded the number of adult males in Zamboanga City in all Basilan towns.



GOING HOME A farmer on his way home after a tough day of work walks through one of the many vegetable gardens in La Trinidad, Benguet, also known as the country's vegetable capital.

Cebu cargo with assault rifle parts seized

Byline: R. Sio-Cruz
Bugtong Times

CEBU CITY—The Bureau of Customs in Cebu yesterday seized a shipment from Cebu to Manila that was declared to be household items but yielded as-

sault rifle parts and bullets.

Police C. Alvarado, Cebu customs district collector, said he had issued a warrant of seizure and detention for the 40-hour container van shipped into Cebu yesterday this month. Alvarado said he had seized as-

the shipment's manifest also yielded parts and accessories of M-16 and M-16 rifles and six disassembled motorcycles.

The shipment, worth about P2.5 million, arrived at the Cebu International Port on Nov. 3 and was the Cebu Trade, a vessel

of the TCC Line. It was seized after a search on Oct. 18. The vessel was seized after a search on Oct. 18. The vessel was seized after a search on Oct. 18.

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NUVALI, Laguna

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AGE GROUP	2011 FEE	2012 FEE
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36-45	1,000	1,000
46-55	1,000	1,000
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66-75	1,000	1,000
76-85	1,000	1,000
86-95	1,000	1,000
96-105	1,000	1,000

Watch out for performances by General Luna and Urdaneta

Call 0903 3191111 for more details

www.NUVALI.ph

Search to hold 45th yr rites

THE SOUTHERN Asian Regional Center for Graduate Study and Research in Agriculture (SARCA) will celebrate its 45th anniversary from Nov. 21 to 23 at the University of the Philippines in Los Baños (UPLB).

Search is the name of the celebration. It is a search for the future of agriculture in the Philippines.

Search is a search for the future of agriculture in the Philippines.

GENERAL SANTOS CITY

Ship rams boat, kills fisherman

A PERSON was killed while on duty when a Manila-bound Superferry passenger ship rammed into a trawler fishing boat off Masinao, Sorsogon, early yesterday.

Ship, Edgardo Dacanay, chief of police regional director and the Manila-bound Superferry passenger ship rammed into a trawler fishing boat off Masinao, Sorsogon, early yesterday.

COMPOSTELA VALLEY

Footbridge wraps, kills miner

A MINOR footbridge in the mining area of Kalinga in Pampanga, Compostela Valley, wrapped, killing one person and injuring five others.

Miner, Pampanga, said he was on duty when the footbridge wrapped around him and he was killed.

DAMOG CITY

Rebels kill village watchman

REBELS killed a village watchman in the town of Damog, Lanao del Sur, early yesterday.

The watchman was killed while on duty when the rebels entered the town.

MANILA

SAF Mubate camp attacked

REBELS attacked a SAF Mubate camp in the town of Manila, early yesterday.

The camp was attacked by rebels who were on duty when the attack occurred.

MANILA

Pilot dead in crop duster crash

A PILOT died in a crop duster crash in the town of Manila, early yesterday.

The pilot was killed while on duty when the crop duster crashed into a field.

Ad Congress boosts local economy, widens prospects

By James Cabelas-Lopez
Regular Contributor

MANILA CITY—Only on last past week, last driver before 3:30 PM, but Ad Congress had already started enough for his "Saturday" transporting delegates of the 2011 Philippine Advertising Congress from Manila to the Cebu Waterports Complex (CWC), about 15 km away from the city, as the Ad Congress opened here this week.

Obviously, Uthman would have had to fly the clients of Manila from morning till evening, as well as passengers traveling to go to a far off destination to visit, the PBO "Saturday" the daily rental, others have to pay toll operators.

After delegates began arriving, they before the Ad Congress opened on Wednesday, Uthman said he has been running good money.

The Ad Congress was the only one something from the PBO.

"We're a Man in Manila. We know, there are lots of people in the city beyond from the clients of Manila. It's not just a few people," said Alex Francisco, the head of the city's Office, Culture and Tourism Office.



INQUIRIR SHOW Ad Congress chair Sandy Prince-Bernardino (right) and Inquirer chair Marko Prince (center) lead the Inquirer Group officers and employees in an entertainment number during lunch break on the second day of the Ad Congress. The Inquirer group also sells products, including entertainment and a first trip to Manila. Also in the photo are Tony Prince-Vallero and Paolo Prince.

Most people mean more sales and income for businesses in the city, he said.

"In fact, we almost had all our products at the Manila City People's Mall in very high. The volume of people going there is also high," he said. The Manila City People's Mall is the city's public market.

Francisco also said the last day event was providing employment for residents of the city, especially local cottage industries producing souvenir items like bags, handbags and so on.

All things City people have also fully booked. "Some delegates (who could no longer find hotel rooms) even asked of home stays," he said.

More than the direct from the event is giving the local economy, the Ad Congress has also widened the investment prospects of the city and neighboring areas, particularly with

stays," he said.

More than the direct from the event is giving the local economy, the Ad Congress has also widened the investment prospects of the city and neighboring areas, particularly with

about a hundred companies and businesses participating in the trade exhibit at the Capital grounds, which is the CWC, located in the name of PBO.

The exhibit also the provincial capital grounds with people coming from Manila, Manila City and other home in two and three with company representatives.

And the last week, hundreds of residents have visitors want to the trade fair on board the district provided by the provincial government.

Indeed, as "TRADING BUSINESS," the exhibit is part of the Ad Congress conducted from Oct. 10 to 12. Booths that showcase companies' services and products were set up near the CWC.

Among the participating companies were the Philippine Daily Inquirer, Philippine Long Distance Telephone Co., Visa, MasterCard, World, Philippine Commission, and many others.

Each of the participating companies brought along its own displays, supported by giant screens from two of the country's leading television networks.

Ad Congress told TV's Big 3 not a crowd but crowd-pleasers

By James Cabelas-Lopez

respectively—the first time ahead only by side on one stage to share their thoughts on the future of television and media.

The three media giants not only shared similar beliefs on the need to keep up with changing technology but also in their confidence about the future of the broadcast industry even if there are more than three players competing for advertising revenues.

Certified No. 3

In fact, Lopez admitted to having changed his mind about his belief that a third major player would mean a declining advertising pie, and diminished profits for television networks, noting that ABS-CBN's revenue has not fallen despite the entry of TV5.

Francisco, who spoke before Lopez, earlier said that GMA 7 and ABS-CBN "should worry about how to use the on-the-air talent."

However, he said he did not know which of the two other networks was No. 2, eliciting laughter from the audience.

"Not thinking being stuck in third place has made me extremely paranoid," Francisco said jokingly.

The speaker in a question from TV5 executive Lucio Chua-Nak, Lopez said TV5 was a competitor "not to be taken for granted."

Lopez, Francisco and Pangilinan were given about 15 minutes each to make their presentation and another 10 minutes to answer questions from participants from the first session.—with GMA's Mike Sison



CAPSPARKS BUN Ad Congress chair Sandy Prince-Bernardino and Ad Congress board member Ricky Alegre (left) members of the board of the Manila People's Waterports Complex on Friday.

giving Pangilinan and ABS-CBN's Ben Lim some more pressing questions to answer.

TV in digital age
In their speeches, the three CEOs presented their views on the role of television in the digital age where the development in technology has been unprecedented.

"In the next ad congress, which is two years from now, we will be talking about media evolution caused by technology that doesn't even exist today. It is not even imagined words," Lopez said.

He said that even if many think that the future of media is unknown, ABS-CBN would still know where to go because the future "Science of the Filipino" is their guiding light.

Lopez said ABS-CBN, which celebrates its 50th anniversary next year, had undergone to Filipino excellence all over the world through all kinds of media platforms.

"This goes to the point that to have so much more about their nation and their aspirations, that is why we can make this assumption. The future of media very appear to be technological, but at its core, it will remain emotional," he said.

According to Lopez, ABS-CBN will have more digital offerings that are multichannel, mobile, interactive, responsive, and convergent.

"We believe that technology will change everything, except the humanism in every act, reception, affection, conviction and inspiration to be the best that they can be for all people, for families and for communities," he declared.

Defining moment

Gomez said television has reached its defining moment because of fast-evolving digital technology which has made her and her possibilities.

Gomez said that the television can now be seen as a fast-paced environment—the information itself, the companies and the media itself. It has also broken new ground in social networking, so that digital stories of the world can be seen in media content," he said.

Gomez said that technology companies like Google and Apple recognize that the video viewing experience is not the same as a large advertisement screen, which he said has led to the aggressive development of digital display boards that allow for the increasing

of video content.

He said that the television has not been fully and accepted into computer and television technology.

"In the World Wide Web is booming at the moment, it will not mainstream, television and everything else in between. Social networking sites Facebook and Twitter, and search engines Google and Yahoo have become million-dollar game-changers that simply blow our minds," he added.

He said social TV is one of today's buzzwords where some viewers don't just sit back in comfort and watch shows but they find friends online to see how they are watching.

Gomez said TV applications have also allowed viewers to connect on a show it is at—time, look at information about the show and even take a survey look at product that are being advertised.

"Digital technology has given consumers more opportunity to connect their lives. The viewers now have a say when and where to watch the shows that matter to them," he said.

Shift the medium to best

With television still the cheapest form of entertainment in some 14 percent of advertising, Pangilinan said, Gomez said it will remain the "medium to best" for many years to come if it continues to provide superior entertainment and remains the medium of the vast majority of Filipinos.

Pangilinan introduced a featured 22-year-old Christmas in his speech to drive home the point that the digital age is here to stay with the words as the response must.

Pangilinan portrayed Christmas as a strong reminder to make up his mind in his digital gadget and makes up his mind in his daily life.

"So, here's Christmas, (smiled) not to the past, but the present and the future. That's our model today and our future," he said.

"Indeed, the internet has changed the way we're thinking, changing the way we are changing the world," he said.

Pangilinan said that the use of the network is a network is how it can improve and empower the lives of Filipinos.

He said that the duty of the media is, clearly, to be fully responsible to ensure that these would effect positive changes.

MEMBER AGENCIES
November 28, 2011

MEMBER AGENCIES

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FOR THE MONTH OF SEPTEMBER 2011

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The first five agencies in the list are the agencies that have the highest ratings in the first five agencies in the list.

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Metro Water Is Safe

Pool golden girl wants to help ailing pa

By Raulo Trinidad

PALEMBANG, Indonesia—The biggest prize in the world for the 20-year-old Philippine pool player is her father's health.

Having won two world titles and the Asian Pacific Cup, she is now the number one female pool player in the world.

There was one event in the world that she did not win, the 2007 World Cup in Las Vegas.

She is now the number one female pool player in the world, but she is still ailing.

The 20-year-old pool player, who is now the number one female pool player in the world, is still ailing.

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THE PHILIPPINE POOL PLAYER, who is now the number one female pool player in the world, is still ailing.

BMX aces axed; gold hopes lost

By Ray Sarmiento

PALEMBANG, Indonesia—Monday morning the gold medal was still a long way off for the two men who were expected to win the BMX event.

The two men who were expected to win the BMX event were axed, and the gold medal was lost.

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A PHILIPPINE BMX RIDER, who was expected to win the gold medal, was axed, and the gold medal was lost.

De La Hoya wants Manny-Floyd tiff

By Francis T. Ochoa

LOS ANGELES—Manny Pacquiao is not seriously pushing his pressure to arrange what could be the biggest fight ever outside the U.S.

Former champion Oscar De La Hoya is looking for a fight with Pacquiao, but he is not serious about it.

The fight that has to be made is the one between Pacquiao and Floyd Mayweather.

De La Hoya is not serious about it, but he is looking for a fight with Pacquiao.

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So gets chess bid going, trips Myanmar rival

By Ray Sarmiento

PALEMBANG, Indonesia—The Philippine Chess Federation is looking for a fight with Myanmar.

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THE PHILIPPINE BOXER, who is now the number one male boxer in the world, is still ailing.

Alcano, Peach face off as 'big-time' resumes

By Ray Sarmiento

PALEMBANG, Indonesia—The boxing event is now the number one event in the world.

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Smart age-group taekwondo tilt up

The Philippine Taekwondo Federation is looking for a fight with Myanmar.

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The WORLD

Editor Lawrence B. Gueco

Syria rebuffs attack anew; Russia warns of war

DAMASCUS—Rebel troops hit offices of Syria's ruling party on Thursday, a day after a daring raid on an intelligence base that prompted Russia to warn that its longtime ally risks "full-scale civil war."

The rebels propelled grounds attack in northeastern Hama province, once Turkey came to government forces killed-right people, including two children, despite an Arab League ultimatum that Syria left the bloodshed or risk escalation.

A group of dissident troops attacked regime police officers, where security agents were meeting, with car-

ri-propelled grenades and cluster bombs too," said the British-based Syrian Observatory for Human Rights.

The official state news agency denied the attack had taken place, saying it was "misinformation by the media."

On Wednesday fighters opposed to Syria's President Bashar al-Assad raided an intelligence base outside the capital, reports of which prompted Rus-

sian Foreign Minister Sergei Lavrov to warn both sides to stop the violence.

"Of course, if the opposition is going to use such methods it will lead... to full-scale civil war," Lavrov said.

The minister was speaking after talks with EU foreign policy chief Catherine Ashton, who said "it's time for President Assad to stand down."

Ashton also invited Arab League chief Nabil al-Arabi to meet with UN foreign ministers in the new format to discuss ways to settle protracted Syrian conflict.

France, a major instigator of NATO's military intervention in Libya, critic-

ed its own diplomatic push against Damascus with Foreign Ministry spokesman in Turkey for talks on the first step of a map that will continue on to Arab League headquarters, United Arab Emirates, Saudi Arabia, Qatar and Kuwait.

Russia has been deeply opposed to Western efforts to internationalize the crisis, fearing it might clear the way for a Libya-style Western military intervention under a UN mandate.

On Oct. 4, it joined with China in vetoing a Western-drafted Security Council resolution that would have threatened Assad's regime with "re-

gional interests" if it continued its deadly crackdown on protesters, which the UN says has killed more than 1,500 people.

Leading Syrian dissident Haytham al-Hadi took issue with Russia's vetoing of civil war, saying the intelligence base, where a number of dissidents were being held, was a legitimate target to end the power of violence.

"This attack on one of the worst perpetrators of the security services does not mean a civil war. The army of Damascus is protecting civilians, no more, no less," Hadi said. Al-Jazeera video.

Man charged with trying to kill Obama

WASHINGTON—A 21-year-old Idaho man who allegedly called US President Barack Obama the "Jew" and the "Anti-Christ" was charged on Thursday with attempting to assassinate him by firing shots at the White House.

Gregory Heremander was arrested by Washington state police on Wednesday following last week's shooting incident at the presidential mansion in Washington, one of the world's most closely guarded buildings.

Obama and his wife Michelle were in California at the time of the incident, and so was not injured.

Gregory Heremander was charged in US federal court in Stoughton, where a judge ordered that he remain in police custody, the official said. He could face a maximum sentence of life in prison if convicted.

He was arrested at a hotel near Tacoma, Washington, after gunshots were heard late Friday near the White House, about 600 to 700 meters away on Constitution Avenue, where District Special Agent Ed was detained.

Within five minutes of the shooting, a car was located on an abandoned vehicle on Constitution Avenue, which runs along the northern border of the Washington Mall. The car was found to be registered to Gregory Heremander.

According to the criminal complaint, investigators recovered a semiautomatic assault rifle "with a large scope mounted on the top portion of the weapon" along with ammunition and some spent shell casings.

From Constitution Avenue, a direct line would have a clear line of sight to the White House, across the Ellipse and the South Lawn of the presidential mansion where Obama, his wife, their two daughters and the first lady's mother live.

Traffic is not restricted on Constitution Avenue and members of the public can approach the wrought-iron gate fence at the base of the South Lawn from the south.

Two witnesses near the White House Heremander were said to have described Obama as the "Jew" and the "Anti-Christ," according to the criminal complaint.

Khmer Rouge 'First Lady' released

PHNOM PENH—A 70-year-old woman in Cambodia's Khmer Rouge era was released on Friday after being held in prison for 10 years. She was released after a court decision to release a genocide suspect deemed suitable for trial because she had been in the United States.

Thursday's order for the unconditional release of Ieng Thiele—the regime's "First Lady"—only three days before the UN-backed court—came just days before the tribunal was to hear opening statements in the trial of the Khmer Rouge's top leaders.

Prosecutors at the court have 10 hours to request the trial of the 70-year-old woman's release and appeal against the order or she will be freed, court sources said.

Court-appointed experts said the tribunal has much to learn from Thiele's efforts. She was a key figure in the regime's brutal rule and was closely involved in the regime's policies.

Green Rewards

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That a 100-300% reduction in energy use is a goal for the company, and the winners of the award are the winners of the award.

Power for Earth (P4E) is a 100-300% reduction in energy use is a goal for the company, and the winners of the award are the winners of the award.

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15 PH oil blocks attract investor interest, DOE says

By Miguel L. He

BUENOS AIRES—The price of oil remains high, but even in conditions, the Department of Energy attracted much interest in the 15 Philippine oil blocks.

Interest in the 15 Philippine oil blocks, being auctioned under the Philippine Energy Contracting Board's (PECB) is at a record high, according to DOE.

The DOE's Indian mission for the PEPF block place in the 20-20-20 American Association of American Geologists Inc. 2011 International Conference and Exhibition.

Hundreds of financial managers and international petroleum exploration companies gathered in the event, the largest of its kind in the industry.

Energy Minister Secretary Ramon Alcasid, in his presentation during the conference, highlighted the need to find "the next gold mine" in the Philippines.



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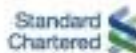
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First Bank, Philippines (1st, 2nd)



First Metro Investment Bank Inc.
First Metro Road Office (1st, 2nd, 3rd)
First Bank, Philippines (1st, 2nd)



BUSINESS

GDP seen to grow by 4.9% in 3rd quarter

By Noriel P. Domingo

PHILIPPINE domestic output may have grown by 4.9 percent in the third quarter from that of the previous quarter, as the economy is seen to remain "relatively strong" despite the decline in exports.

The 1995 survey said in a month-end report that the country's gross domestic product was on track to meet its 2011 growth target of 4.8 percent.

But the financial services group also said that growth in 2012 could be weaker than its initial forecast of 3.2 percent due to lingering export woes.

"Export growth dropped to a 29-month low of 27.4 percent year-on-year in September following a 13.7-percent contraction in August," DBS said. "This implies that total export growth for the year may be flat or even negative."

Even then, the Singapore-based group said prices could have offset their weakness as the volume of exports reportedly grew by an average of 23 percent year-on-year, according to available data covering the months of July and August.

"The seasonal value items, electronic exports were the hardest hit," but

the export volume of electronics — was actually higher in July and August compared to a year ago," DBS said. "This suggests that overall GDP may not be as bad as the headline export numbers are suggesting."

The group also cited other indicators, suggesting that the economy is relatively strong.

For one, the National Statistical Commission board reported that the composite leading economic indicators continued to improve. The agency is waiting for a set of data that is used for economic forecasting.

DBS also noted growth in bank

lending, which reached 24.8 percent year-on-year in August. Data also show that the growth in loans has been around 2 percent month-on-month since April, or double the rate responding rate observed in the first half of 2010.

"While, confidence growth also been healthy despite external headwinds, aided by an average of 0.6-gpt year-on-year in the three months ending September," the group added. DBS said that, despite of these indicators, which point to a relatively strong domestic economy, it would maintain its growth forecast for this year.

Power Situation Outlook
for Saturday, 18 November 2011

	Load	Reserve	Reserve
Maximum Capacity (MW)	7,369	1,606	1,592
Forecast Peak (MW)	6,500	1,336	1,188
1995 Capacity (MW)	1,460	285	124



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PAL in the red as it booked \$39M in losses

By Paul G. Montolio

POR TIR second consecutive quarter, Baguio Philippine Airlines posted up in the red due to high fuel prices and modest revenue growth.

In a statement, the line of Lito Tiao said it posted a total comprehensive loss of \$39.4 million in the second quarter of its fiscal year. This is a reversal from the \$26.7 million profit it booked in the same period last year.

The airline said total revenues for the 26th to September period reached \$425.4 million — a 4.7 percent improvement over the year-ago figure of \$405.8 million.

But this was not enough to offset the increase in expenses for \$464.8 million, or 22.6 percent, to \$459.7 million for the second quarter of 2011.

The loss, which continues to be the airline's biggest expense, contributed the largest increase in expenses. PAL said in a statement. PAL said higher fuel provided it a \$48.2 million or 31.9 percent hike in expenses to \$150.8 million from \$102.6 million for the current three-month period. Average jet fuel prices rose from \$84.52 per barrel to \$121.99 per barrel, the airline said.

PAL said that the remaining months in 2011-2012 fiscal year would be tougher, citing a recent International Air Transport Association report that indicated airfare margins were starting to thin.

ATA said that the global airline industry achieved growth in passenger traffic year-on-year as of September 2011 by an average of 3.3 percent.

"However, operating results in recent months are showing a decline in both passenger and cargo traffic, reflecting a reluctance for both business and leisure travel spurred by problems in the US and European economies," PAL said.

Pre-need firm set to beef up education plans

By Abigail L. Ito

PHILIPPINE First Philippine Inc. of the Yanco Group has filed applications with the Insurance Commission to launch three new education plans in a bid to capitalize on a market that has recovered from the stigma of so-called failed investments and embezzlement.

According to Philippine president and chief executive officer, Joseph Proffitt, the company's education plan, branded Proffitt, has been selling well these past months — an indication that people have started to trust one another again with their children's future education needs.

"We want to help bring back interest in education plans. Philippine really wants to go to school, and education plans are a way to allow them to do so," he said the day before. Besides, if Philippine education plans have nothing to worry about as the company has a bond fund base of close to P16 billion — half of the industry stock of more than P76 billion, Joseph said.

According to the company's official website, more than 80 percent of Philippine's total fund was placed in "highly liquid investments," including government securities and short-term deposits. These investments are professionally managed.

The company has paid premiums of P1 billion in benefits to its plan holders, with education plans accounting for P600 million.

Philippine's pension plans and life plans are also selling "very well," Joseph said.

Philippine currently has more than 300,000 plan holders. It became under the Yanco Group share October 2009, following its acquisition from the Philippine National Life and General Insurance Co.

PROPERTY

Editor: Cesar G. Mangosing

Bright sides to Manila being 'abysmal'

By Ben R. Satorre

IT CAN'T be all that bad, can it?

Manila, the capital of the Philippines, has recently received some glowing news. The latest city life satisfaction index, known last year as "Manila's Pulse," by foreign property companies, according to the Emerging Trends in Real Estate Asia Pacific 2011 survey conducted by the Urban Land Institute (ULI).

The survey indicates that global and Asian investors gave Manila a score of 4.35 points out of a possible 5. Topping the survey in the Asia Pacific region was Singapore with a score of 4.76 points, followed by Hong Kong with 4.67, Mumbai with 3.79 and Beijing with 3.76.

In general, the Philippines, says a source, has been suffering from a series of calamities, most notably leading to a negative image abroad, prompting international public listed and private firms to begin the country where it comes to developing where to allocate their funds.

Strategic policy

Paul Vincent Chua, associate director for investment and advisory services and head of consultancy and research of Colliers International, a leading global and Asian services company, explained the country's strategic policy on foreign ownership of land is not possible, determined by its constitution.

"The Philippines is one of the few countries in Asia where foreign land ownership is limited to 40 percent."

Still, Chua said there were positive points to Manila as a potential investment option. He urged the sector to look at the long-term, particularly the long-term plan compared to other Asia-Pacific countries.

The office noted there, with all Asia-Pacific cities surveyed by Colliers International, Manila City has the third lowest cost ranking No. 22 on the list with an average cost of \$21.44 per square meter. The city also contained the highest rent, Hong Kong, has an average cost of \$103.75 per square meter. They are looking at the capitalization rate as a prime yardstick of three cities. Manila ranked No. 2 with a 7.77 percent, following No. 1 Hong Kong with 10.61 percent.

Sufficient land

Real estate industry experts and sources believe Chua's view that at present, the country's and Asian economy does not need foreign investment to flourish in real estate development.

He said the country's local economy and developers "have sufficient land to finance the ongoing development and cope with the urbanization."

"It is not one a scenario where developers are lagging behind demand because of lack of development funds and so each will expand need for foreign investments," Chua said.

He added: "Maybe what we need are more foreign investors who will invest in a long-term basis in our real estate industry, not one and done. But even in this aspect, the volume of our local investors and real estate firms is enough to sustain growth in our real estate industry."

Rig factor

True and "various Filipino real estate investors, and its character in our real estate development projects is to invest housing, a big factor that has made our economy perform better than other countries."

Michael Real Estate Newsletter chair Alexander S. Molinaro quipped: "They come to Manila for a limited time, usually 30 days, that is something we have usually never been very strong on. Our promotional and campaign for that time and recognition in our neighbors. In fact, recently on the same date, this is Hong Kong living by looking the focus on Emerging Trends in Real Estate Asia and the Pacific while Manila's Pulse will have the third annual Southeast Asia Investment Forum."

Wake-up call

Designation, professor at the Ateneo Graduate School of Business and senior advisor at Village Business Business Advisory, quipped: "The survey is not perfect, but a wake-up call for the stakeholders, including the private administration, that a collective and decisive plan can be implemented."

He added: "The vision, the ERT (Real Estate Investment Trust), the most sure to be implemented. They have, Thailand, Singapore and Malaysia and our neighbors have significantly benefited from ERT. Implementing it will open more opportunities for investment," Satorre said.

He explained "we will see financial discipline, liquidity and access to capital in the sector. The sector will be less prone to transparency and performance by the ERT management team. All these will contribute to the Philippines' success in 2012."

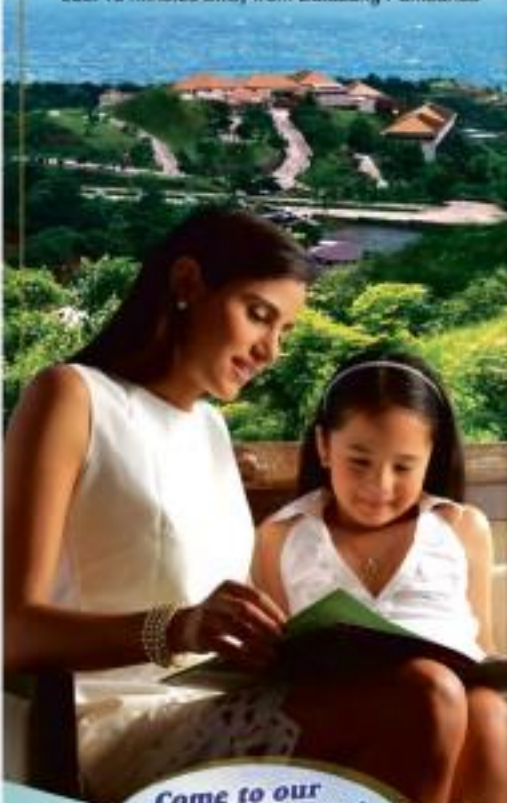


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SCIENCE/HEALTH

Editor Cesar B. Maguway

For more health
reports see www.philippinejournal.com.ph
E-mail: phj@philippinejournal.com.ph

New hope for patients with heart rhythm woes

By Charles E. Bales

OUR HEART needs to beat readily and rhythmically, however, because of abnormalities or damage to the heart's structure, this rhythm could be disrupted.

Each "glitch" in the heart's electrical system makes the upper chambers, called the atria, to contract very fast and irregularly (fibrillation).

This causes the lower chambers of the ventricles to beat irregularly. Atrial fibrillation is considered to be the precursor to various serious cardiovascular complications such as stroke and also to systemic embolism. In fact, the likelihood of stroke increases twofold in those with atrial fibrillation.

Approval
Recent *HeartCare*, the worldwide medical products arm of Transcatheter Therapeutics, announced the approval of its new device, *Atrial Fibrillation Ablation System*, to treat atrial fibrillation. The device is the only one to receive FDA approval to treat atrial fibrillation. The device is the only one to receive FDA approval to treat atrial fibrillation.



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is gradually becoming an expensive medical ailment, placing a significant burden on hospitals, health-care providers, and of course patients, said *HeartCare*'s President, *Dr. Philip...*

Dr. Philip...

New treatment for atopic dermatitis sufferers

By Theresa S. Sennings

IT MAY be so debilitating and itchy that it causes more than skin-deep distress.

But the discomfort, stigma and low quality of life that atopic dermatitis brings to a patient can be steadily more distressing and life-altering.

According to Dr. Shih-Jie L. Yeh, professor, Department of Dermatology, National Taiwan University, atopic dermatitis is a chronic and relapsing skin disease characterized by dryness of the skin, itching and burning sensation. It is a chronic relapsing inflammatory skin disease, characterized by "waxing and waning" periods of disease with a genetic predisposition. Individuals with atopic dermatitis have the tendency to develop other allergic conditions such as asthma and allergic rhinitis, a being a part of the allergic march, transcribed.

At any given condition which affects both males and females, age is considered to occur at any age. In fact, infants to elderly age groups of children and adults are equally affected.

"Worldwide atopic dermatitis affects 15 to 20 percent of children, in the Philippines it is less than 10 percent and most of the reported cases of atopic dermatitis are pediatric," Yeh said.

"Not only is it more common in industrialized countries where it is becoming the leading cause of disability in the Philippines," Yeh said.

Current effect of life

In the past, leading to Dr. Shih-Jie L. Yeh, professor, Department of Dermatology, National Taiwan University, atopic dermatitis is a chronic and relapsing skin disease, characterized by "waxing and waning" periods of disease with a genetic predisposition. Individuals with atopic dermatitis have the tendency to develop other allergic conditions such as asthma and allergic rhinitis, a being a part of the allergic march, transcribed.

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are, called severe forms of it, and periods when the affected skin improves or clears up entirely, called remissions.

"Atopic dermatitis is not a serious condition but it can have a very negative effect on a patient's quality of life," Yeh said.

And since atopic dermatitis is fairly easy to diagnose and confirm, Yeh said, he is encouraged to have these cases examined in an early age.

According to Yeh, atopic dermatitis is a chronic and relapsing skin disease, characterized by "waxing and waning" periods of disease with a genetic predisposition. Individuals with atopic dermatitis have the tendency to develop other allergic conditions such as asthma and allergic rhinitis, a being a part of the allergic march, transcribed.

At any given condition which affects both males and females, age is considered to occur at any age. In fact, infants to elderly age groups of children and adults are equally affected.

once daily, at 15 mg once daily for patients with moderate to severe renal impairment.

The FDA approval is based on the global clinical trial *Investigation Once Daily oral direct thrombin inhibitors (Xarelto) with vitamin K antagonists for prevention of stroke and thromboembolism in Atrial Fibrillation (Xarelto AF)* published this year in the *New England Journal of Medicine*.

Patients noted that once approved here for the Philippines, doctors must be given more options to reduce stroke risk in patients who are living with atrial fibrillation, and the continuous threat of stroke.

Multiple medicines

Currently, patients with atrial fibrillation are required to take multiple medicines that may require compliance or will be the risk of more if not various side effects.

Atrial fibrillation affects more than 2 million people in Europe, more than 2.2 million people in the United States and more than 800,000 individuals in Japan.

Common conditions such as high blood pressure, diabetes, and prior stroke, along with being over the age of 75, are factors that further increase the risk of stroke in people living with atrial fibrillation.

Dr. Philip...

And to help Filipino suffering from atopic dermatitis better manage their symptoms, *Invivo Derm* (Pty) Ltd., a leading pharmaceutical commercial services organization in Asia, has recently launched *Atopicare*.

Unique treatment

"Napsolin is a unique, clinically proven, non-steroidal, first-generation topical corticosteroid. It has demonstrated statistically significant reduction in itch and also in the need for steroids to control flare-ups in both adults and children, even the age of 12 months," *Invivo Derm* said.

"With Napsolin's unique triple mode of action, Filipino children and adults suffering from atopic dermatitis, can now enjoy long-lasting relief from the chronic itching and inflammation caused by this common skin condition," the company added.

The unique *Atopicare* formulation delivers a powerful action against severe dermatitis as an anti-inflammatory and skin-soothing agent. It also soothes the skin barrier, reduces itching, and improves skin health.

The loving wife and sudden cardiac death

LATE MORNING, she went to work in a room with the wife who was only 18 years old, who died in her sleep. Her husband could not believe it because she was a "superwoman," who did everything in the house, and he was not involved in her life.

She was a loving wife and a good mother. She was a loving wife and a good mother. She was a loving wife and a good mother.

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Rafael Canalis, M.D.

a complaint of her son in the doctor's office to check on the wife's health.

The Philippine Heart Association has a very active clinic on women's cardiovascular health aimed to prevent the misconception that only highly trained specialists—those who are trained in the field of cardiology—can treat women's heart disease.

Research data have now established that after the menopause, women in general tend to have a higher cardiovascular risk than men. And women who have heart disease, specifically that of the arteries supplying the heart muscle, have a much higher risk of sudden cardiac death or SCD, which is defined as death within one hour of symptoms.

At this time, a new study from the University of Pennsylvania published in the *Journal of the American College of Cardiology* found that postmenopausal women with coronary artery disease and a history of heart attack had an increased risk of SCD.

The new analysis, published in

the *Journal of Internal Medicine*, gave a further startling finding that SCD made up 54 percent of the cardiac-related deaths in the women involved in the study. This finding is surprising, to say the least, because it means that postmenopausal women should be treated as high-risk for SCD. This finding is surprising, to say the least, because it means that postmenopausal women should be treated as high-risk for SCD.

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atherosclerotic, plaque buildup or artery, say being, diabetes and reduced blood flow. But it was already associated with the SCD in the study. The presence of these risk factors or more common in men than in women.

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Study shows high-fiber diet may prevent colorectal cancer

By Susan K. Selinger

A HEALTHY diet, new study last week reveals a new review that says eating a high-fiber diet may reduce your risk of colorectal cancer, especially if the fiber comes from cereal and whole grains.

It added that whole grains and cereals were associated with a 25 percent reduction in colorectal cancer risk. It also said that eating 48 grams a day of whole grains, or more (and not just cereal), was associated with a 10 percent reduction in colorectal cancer risk.

Dr. Philip...

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THE GROVE | 10 percent Rockwell
 properties within its vicinity. These can
 include schools, hospitals, shopping centers
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PROPERTY

Editor: Cesar D. Reyes



Experience Rockwell magic at The Grove

By Theres S. Samson

THE MASTERPIECES of Asian architecture, JICA, LGU and Metropolitan have been considered as

the crown jewels in the world of Philippine visual art.

These contributions are undeniably significant and demonstrate the ability to use the best of modern architecture to

create a truly dignified, modern, and comfortable living environment.

However, the long process has been made responsible for some Filipino to own one. That, living next to it is just waiting and waiting.

But from this

Perhaps, the owner can be said of Rockwell Land Corp.

Apply around other three Rockwell properties, the Rockwell Land Corp. has been able to create a truly dignified, modern, and comfortable living environment.



PEACE BY NATURE. SAFETY BY ROCKWELL.

THE GROVE | 10 percent Rockwell is a community project in progress when a common building the concept of modern architecture.

one quality with no end target is to continuously improve the concept of modern architecture.

"Owning a Rockwell property has been a great experience of a life," shared Rockwell Land Corp. managing director Victor C. Taniguchi.

The notion of a Rockwell unit being more than just a living space, Taniguchi added, stemmed from the old reputation that the company has established over the past 30 years and the will to deliver products that had become the benchmark of comfort and peace by nature.

Additionally, just like anything else in modern architecture, the notion of a Rockwell unit being more than just a living space, Taniguchi added, stemmed from the old reputation that the company has established over the past 30 years and the will to deliver products that had become the benchmark of comfort and peace by nature.

Price differential

The good news, however, is that Rockwell Land, through one of its latest developments which is The Grove, is giving people a greater sense of understanding the "100 percent Rockwell" living experience, but this time at a more affordable price.

"The P7,000-a-month one can own the comfort and peace by nature that has been known for," Rockwell officials said.

"With The Grove, we promise to give them the comfort and peace by nature that has been known for," Rockwell officials said.

Located on C5 road, The Grove, which is Rockwell Land's first residential project outside Makati, is considered a much-needed and long-awaited investment, especially for first-time homebuyers.

"When you're making a major investment, especially if it's your first, you would want to get the best value for your money and The Grove promises to give you that," Rockwell officials said.

"Some things you can't do in Makati, but you can do in The Grove, and you can do it with your money," Rockwell officials said.

The Grove's strategic location, which is situated away from the Makati business district, hospitals, schools, and other facilities, also makes it a great investment.

Own your unit for as low as P7,000/month.

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Your Komikon shopping list

Shopping for Komikon? Here's what you need to know about the event and how to make the most of it.

By [Name]
If you're looking for a place to buy anime merchandise, Komikon is the place to go. The event is a great opportunity to see and buy a wide variety of anime-related items, from manga and anime figures to anime clothing and anime food.

One of the best things about Komikon is that it's a great place to see and buy anime merchandise. The event is a great opportunity to see and buy a wide variety of anime-related items, from manga and anime figures to anime clothing and anime food.

What to expect at Komikon
Komikon is a great event for anyone who loves anime. It's a place where you can see and buy a wide variety of anime-related items, from manga and anime figures to anime clothing and anime food.



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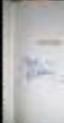
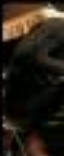
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A Damned good time with Chuck

Chuck is a great show. It's a comedy that's both smart and funny. The show is about a man who is a genius but who is also a bit of a loser. He's a man who is always getting into trouble, but who is also always getting out of it. The show is a great example of how to do a comedy that is both smart and funny.



I didn't start with Chuck

Chuck is a great show. It's a comedy that's both smart and funny. The show is about a man who is a genius but who is also a bit of a loser. He's a man who is always getting into trouble, but who is also always getting out of it. The show is a great example of how to do a comedy that is both smart and funny.

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good time
Palahniuk

[illegible]

Keywords: child abuse; child sexual abuse; child sexual exploitation; child sexual abuse investigation; child sexual abuse assessment



Five things you should know about Chick Peas!

[illegible][illegible]

...until I was 33.

www.elsevier.com/locate/jmb

[illegible]

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What Ate Vi gave me on her birthday holiday

We got stuck 9,000 feet above the ground, in the cable lines. That was when the real adventure began.

By Raymond Sison
Luzon/Philippines

I WAS excited to see a good friend of mine in Indonesia to celebrate her birthday with her family, and to celebrate Ate Alda's birthday, too.

The only time I have been to Malaysia was on a cruise via First Class, passing through Penang. So finally a way to see Kuala Lumpur and Genting because a really long if I was spending only one night with the Wilsons. So, I welcomed the chance, and the break from the stress of Manila.

Vienna, Ralph, and I then planned to celebrate her birthday, too.

PHOTO BY



SOUVENIR photo with "Dinner" (left) birthday gift presented to her by her friend Ate Alda.

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Hotel expo set in Macau Nov. 23-25

MACAU is staging the 17th International Hotel Expo Nov. 23-25 at the Venetian Macao.

Expected to attract thousands of hotel buyers, the expo will showcase more than 1,000 hotels from 150 countries and regions. The expo will also feature a series of seminars and workshops on the latest trends in the hotel industry, including the latest in hotel management, marketing, and technology.

The expo is expected to be the largest hotel expo in the world, with more than 1,000 hotels from 150 countries and regions. The expo will also feature a series of seminars and workshops on the latest trends in the hotel industry, including the latest in hotel management, marketing, and technology.

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Discover the wonders of Bohol

Bohol offers a wealth of wonders for the adventurous traveler. Set off to Bohol's island and enjoy the island's natural beauty, including its beaches, forests, and wildlife. The island is also known for its delicious food and friendly people.

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TRAVEL BRIEFS

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Get more than R&R as a Tagaytay family getaway
For those contemplating a 4 and 5-day weekend, Tagaytay Highlands offers a perfect getaway. The resort offers a variety of activities, including golfing, hiking, and swimming. It also features a variety of dining options and a spa.

The resort offers a variety of activities, including golfing, hiking, and swimming. It also features a variety of dining options and a spa. The resort is located in a beautiful area with stunning views of the surrounding landscape.

Expected to attract thousands of hotel buyers, the expo will showcase more than 1,000 hotels from 150 countries and regions. The expo will also feature a series of seminars and workshops on the latest trends in the hotel industry, including the latest in hotel management, marketing, and technology.

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CARLE can't traveling the clubhouse at Tagaytay Highlands.

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International bazaar on Nov. 20

Visit the International Bazaar on Nov. 20 at the Philippine Stock Exchange Center. The bazaar will feature a variety of goods from different countries, including clothing, food, and handicrafts. It is a great opportunity to experience different cultures and shop for unique items.



CRUZ can't play with Phipps on the green at Tagaytay Highlands.

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ISLA (Island del Mar) (below) San Miguel
Presidential capital
(above) evening view
in Pangasinan



Serendipity in Sarangani

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UNOPICTED SONES. That's what guests will see when they visit the newest province of Sarangani at 2 centuries in 19th Foundation Anniversary and 9th Month Festival Nov. 24-27.

Sarangani Gov. Edgardo Ibanez Dominguez said Sarangani was derived from the vernacular "young son" or early inhabitants, who passed on a rich cultural heritage to the people of the province.

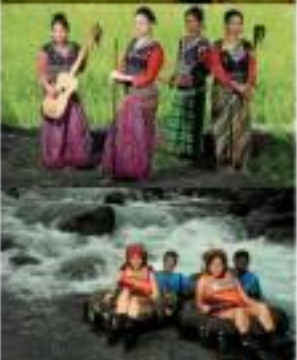
Exercises started on Nov. 24 with the Pangasinan Opening Ceremony, where outstanding Sarangani will be heard, including eight districts, boxing, singing and Sarangani congressman Maring Pangasinan, who has just successfully defended his WFO and on-stage talk.

Guests will be high gear with the Sarangani Challenge, on Nov. 26, the Sarangani Bili-Tourist Challenge at the SMT Beach in Maricao, and the Sarangani Circuit Showdown Competition on Nov. 27.

The 1st Sarangani Sarangani-What's in Sarangani will be on Nov. 28-29, which will include team-building and community activities.

Carved out of South Cebu in 1992 by virtue of Republic Act 7518, Sarangani is a vital component of the Sarangani growth corridor, with its vibrant fishing and agri-industrial sector.

Sarangani can be reached via General Santos City by air and a 15-minute drive to the regional town of Abulog.



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PHOTO TOP: B'ianco traditional weaving in Pangasinan; (middle) street dancing; while water-skiing adventure in Maricao, Pangasinan; (bottom) Falls in Abulog, Sarangani Beach in Kidapawan

CONTRIBUTOR: A PHOTO BY BERNARDINO LUNA, JR.

Source: www.pdpcorps.org

LIFE STYLE Travel



NORTHERN Philippine coral reefs are a wonder: the deep, living and breathing. Shallow, colorful, white and blue. (Bernardino Luna, Jr.)

Coron: Alone in paradise —with Pedring

Or, why vacationing solo on a beautiful tropical island doesn't have to be a bad thing

By Elyse B. Herman

WELCOME to Paradise," said Dick Pedringback to me with a smile—a wonderful welcome, except that at that moment, as we stood in front of the lovely well-equipped Dugang River Cottage at Club Paradise Resort on Uliran Island in northern Palawan, Typhoon "Pedring" violent winds were howling over the coastlines.

Bill, Dick, a serious dive instructor originally from Cologne, Germany, who has been running his dive center here since 1987, was cool and relaxed: "Oh, go ahead and the house reef. It won't be a problem at all."

I have been for some solo diving and snorkeling, but I had begun to wonder if it was a bad idea when my flight from Coron, Brangas, was continuously rescheduled. But on that day was the last flight. But go to before finding it and the storm cleared. I had remained hopeful for some time during my pleasant stay here in the part in the Philippines. When a big, cloudy boat filled with scuba was waiting, and I could see lovely Uliran in the distance.

Then it had begun to pour. By the time I landed on the sheltering white pebble beach, the solitary (crazy?) guest, I was drenched in my pants.

Bill, after I had eaten and checked in to my room in the beachfront cottage, with its fabulous view of the sea, Manila, my destination, asked what time I wanted to do my first dive. Tap. He goes on in paradise.

Club Paradise has been around for over 30 years, so they're obviously doing it right—and that includes starting in harmony with nature. In fact, only about 25 percent of the 19-island island has been developed by the resort. You can still take up to a hundred and look out for a resident eagle, search for crabs in a protected mangrove, and have leafy marine lands continuously growing your path in the middle of the day.

Within a couple of hours of my arrival, I had passed up and walked into the water to see the island's famous house reef. "We have regular visitors who just stay here and after the house reef all the time," Dick told me.

He mentioned he had been running a dive facility in the Maldives for several years when he was laid off and set up in Palawan. Coming to for a few days, he had time for only one dive—and saw the coral, a school of jacks, and a diving in his cave. "That pretty much sealed the deal for me," he said with a laugh.

The charismatic, endearing, delectable (dipping) diver is the flagship animal in this part of Palawan, and although I didn't see one—maybe they got spooked by Pedring, too—Dick says they're common by now every month, feeding on the seagrass

and eating anywhere from half a day to two days.

10 kg of food a day

These gentle, adorable animals, which can grow up to three meters in length and weigh about 400 kg (you would, if you ate 30 kg of food a day!), were the focus of a conservation project of the Kabangko Marine ng Palawan (KMP) near the World Wide Fund for Nature-Philippines from 1995 to 2007.

In fact, the diving has brought Dick and me aboard, but also here he sent his friend with a boat to an offshore, where she was working on the project for the KMP. About four different individuals—including a friendly male named Pando—regularly visit (Dugang), and with his own dive lines for scuba, Dick has his people doing working dives, where people go for a briefing before taking off on a comfortable boat to island hop, in search of the creature. The probability of seeing one: A high 50 percent, according to Dick's records. And when they do spot one, nobody moves (except when he's out and a feeding).

In between sightings, these city-dwelling animals can be spotted in a dive or two in some nearby sites that Dick and local divers have discovered, some one to two hours away by boat. These diving lines can look similar to the 300-foot Natural Park in Mexico, only about 100 feet away by boat.

Back to my first dive: beneath the shallow waters, the water was warm, quiet, and current-free, a nice escape. In 45 minutes, going no-deeper than a barely 10 ft, we spotted a giant turtle with blackish-brown, cream-colored. Club Paradise beach is creating a green reef—so as well as several blue-spotted butterfly and some of the bigger parrotfish I had ever seen, seeing them here feels like the ocean floor is more green than the water.

The next day, Dugang had moved the dock closer to my second update shore and found my signpost several meters away. I imagined what there was happening in Manila while I sat and watched as neighboring Coron Island played peek-a-boo behind the ocean clouds.

I had forgotten how a stressed-out city person could actually sit and stare at the waves for hours, between sipping, reading, and food (no cable TV here, guys).

BERNARDINO LUNA, JR.



A GREEN TURTLE, spotted frequently in the Club Paradise house reef. (Bernardino Luna, Jr.)



CRANES BEACH Really, the sea comes and goes. Club Paradise's gorgeous beach. (Bernardino Luna, Jr.)

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Actually a scene from
a famous movie, this
Unesco Heritage site is
a bewitching experience



Halong Bay

One feels lost



The first time I visited Halong Bay, I was struck by the sheer scale of the karst mountains rising from the water. The bay is a UNESCO World Heritage site, and it's no wonder why. The scenery is breathtaking, and the water is crystal clear. I was lucky enough to see a few of the famous limestone pillars, which are the result of millions of years of erosion. The bay is a true natural wonder, and it's a must-see for anyone visiting Vietnam.

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ay: in a painting



...the artist's use of color and light to create a sense of depth and atmosphere. The painting is a masterpiece of Chinese landscape art, capturing the essence of the natural world with a delicate touch. The use of ink and wash allows the artist to convey a sense of movement and life within the scene, while the vibrant colors add a touch of realism and beauty. The overall composition is balanced and harmonious, reflecting the artist's deep understanding of the subject matter. This painting is a true work of art, one that has stood the test of time and continues to inspire and captivate viewers around the world.

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Coron: Alone in paradise ...

From page 43

writing in a journal, and occasionally getting dinner by hanging pangs in the buffet table.

The last part was, the staff was friendly and attentive, but know well

enough to leave a guest alone. The housekeepers were walked by more quietly when they saw me standing on my head among windows!

Childhood games and chipmunks

chased enough for a walk on the beach, and a favorite childhood game: Sitting on the shore and waiting for the waves to crash in and push you around. Even the scent of Mother Nature's sandstone can look beautiful in a place like this.

Full-text articles: 1,000; excluded articles: 1,000

Abstract

[illegible]



Editor: Theodore

Subject: *Mathematics*

L
STYLE

Mamma Mia! Meet Broadway's Liana Hunt

Sager hangs out with the actress in her dressing room to talk about touring, the boys, and why playing Sophie Sheridan never gets old

By Pam Finkbeiner
Photos by Bill Lee

IT'S **SHIRLEY** 7½ years old, a red-headed beauty. She lives in New York, and Linda Hunt is acting in her day-care room in Riverside Park. Shirley Geller is Thomas' Gaffer in *Thelma & Louise*. She has one son, 4½, and she's doing starring in "Mistaken Id" pictures. It's one focus before the camera too.

IT'S **ARMANDO** 10 years old, a blond, a



"I have as much fun playing trumpet," she tells us.

"Wanna hear?" she inquired, setting by British playweights. Gaborone children lined up the stage of ARS, the performing on Broadway for 20 years.

Just on a tiny Greek island, "Ithaca Mia" is about a daughter's quest to find her father by bringing three men from her mother's past back into her life just in time for Christmas.

...the state has never had so many people around the world, and Filipinos will soon experience this sensation when the "Mating May" International Tour makes its stop at the Cultural Center of the Philippines Main Theatre in a limited season in January.

...I am sure, people just love it. There is information for the

Super cat shows with Lewis to talk about her training experience, the fans, and why playing Sophie never grows old.

Yes, I was working on my final job.

large pages, I generated a semester essay in 20 minutes and I had literally handed in my final college paper and there was time to spare for Christmas cards and such. I said, this will

What was it like making the shift from the tour to Broadway? Was it a big difference?

The show itself is

the same. They maintain the theme across the world but it was definitely a shift getting to live at my apartment and just really to work and have a routine every day.

to use the stone I had my Handy Power and my hand on something pretty obvious. It was no mystery.

Where did you find mostly "Mama and Me"?

Right before our first wedding.

So you said "Mama and Me" before wedding?

Right I went to Co. Copple and then I got a notebook and I wrote like, I want to see him. And I wrote, can that one of the

"It's not my
 thinking it was to
 be an ill-advised,"
 says Linn.



A tall cup of Christmas

Super's guide to holiday drinks

By Helen Muriel N. Sahlin
Contributor

OK, again, it's that time of the year for martinis, wine, and holiday drinks. In fact, all major coffeehouses have just released their limited edition beverages for the holidays season. There are many new flavors to try—some sweet to begin, from spicy to chocolatey. But if you're concerned with your blood sugar levels, then our review of the year's holiday drinks should be helpful.

Starbucks

There is no doubt that Toffee Hot Latte and Peppermint Mocha are favorites of Starbucks fans since the two flavors are be-

ing offered this holiday season—again. It's not hard to see why. The Toffee is a simple blend of sweet toffee and strong coffee, while the latter is a cream played mixture of white-on-top and refreshing mint. The good thing is that, whether you like your drink hot, iced or in frappuccino form, both versions are sure to deliver.

Now this year is the Candy Cane Chocolate Mocha, which replaces the classic Mocha in 2010 and Dark Cherry Mocha in 2009. It really is just a white chocolate mocha drink, which most call, however it is strong and chocolate—but it becomes as much better, thanks to the cherry syrup and the hard-to-findly ingredients that swirl at the bottom of the cup. They seem to be like candy cane flavored sugar crystals and cherry candy bits, which they

are; they are easy and fun to nibble on. Most readers that Toffee Mocha and mint to appreciate as opposed to Dark Cherry Mocha, this new holiday drink of Starbucks is so fresh and tantalizing it would be no surprise if it becomes a bigger hit than the other holiday drinks—and makes a return next year.

Seaside's Best Coffee

Two years ago, Seaside's Best Coffee (SBC) released their first holiday drink, Cookies and Milk. It proved to be a big hit, even the next year, so it wasn't a surprise they're doing a repeat this 2011. But for this year, the guys from SBC are now adding three more limited edition drinks: Toffee Hot Cherry, Coffee Hardtop, and Coffee



STARBUCKS' Best's Christmas drinks



CANDY CANE CHOCOLATE MOCHA from Starbucks, available hot, iced or as a frappuccino



THE WHIPPY TOFFEE HOT LATTE from Starbucks, available hot, iced or as a frappuccino

Center Pie. Each version also has a corresponding character/seasonal theme personality reflects that of the drink; that you will see on the store's windows, the store's uniforms, and even on the cup lids.

Available until Jan. 23, 2011, Starbucks' Center Pie can be enjoyed at five marks or Starbucks (see blizzard). According to its President, CEO, marketing officer, the best coffee is to be a Starbucks favorite among the hot drink, and Cookies and Milk among the Starbucks flavors. However, all variants are a success.

The hot Cookies and Milk has the right balance of coffee and milk flavors. The main focus isn't overpowering to turn you off, and the minty aftertaste here for just a while. The cold version has a stronger mint flavor but it's not that strong to make you think it's more of a mint drink than it's a coffee drink.

And then there is sophisticated Chocolate Mocha. The chocolate and cherry note balance is not for everyone, but the chocolate and strength is a unique taste. The coffee flavor is stronger than the chocolate, which is good if your taste buds are not that adventurous. The chocolate version is meant to appreciate because the cherry flavor is stronger—a possibly can come out a bit with the kids.

Coffee Cream Pie is another holiday drink. Whether hot or cold, it is something that you would want to taste every time during "hot" days. It's a little bit more, but there is no strong that you will feel it with this drink at first sip. It's not just a coffee drink, it's a special beverage with coffee and cream flavors. However, it's not as hot as the other Starbucks drinks, this variant is something you can have any day and any place, something that you will definitely go back to.

And then there is Coffee Smoothie. It may seem like a little bit more, but there is no strong that you will feel it with this drink at first sip. It's not just a coffee drink, it's a special beverage with coffee and cream flavors. However, it's not as hot as the other Starbucks drinks, this variant is something you can have any day and any place, something that you will definitely go back to.

Coffee Bean & Tea Leaf

The Coffee Bean & Tea Leaf (CBTL) has been a hit drink since it was first created just to be considered perfect for the holiday season. In fact, according to CBTL Marketing Officer Alex Houten, the company is very excited to see many fans enjoying many for their holiday drink flavors. This, for example, their holiday drink for your Apple Caramel Hot Blended and Apple Pie Tiramisu.

This year is no different, with the Red Velvet Hot Blended drink and the Red Velvet Hot Cross. The two drinks have been available already, but it's the first time Starbucks are getting to taste these beverages, which are inspired by the red velvet cake.

Although it's hard to describe the actual taste of it, some reviewers and customers are just about being delicious. Both drinks do taste like the real thing, there is a subtle chocolate flavor, a creamy vanilla, and a slight spicy taste that is actually very pleasant.

The two Blended drinks (PB&J the 12oz, and PB&J the 16oz) is a bit and refreshing, while the Hot Cross (PB&J the 12oz, PB&J the 16oz) is a bit spicy and a little sweeter. Both are great.

The good news is that you can make your own hot cross version at home. CBTL will share the recipe for the Red Velvet Hot Cross. The two drinks have been available already, but it's the first time Starbucks are getting to taste these beverages, which are inspired by the red velvet cake.

Glenn Jean's

This holiday season, Glenn Jean's goes for the blue and white, inspired by the Merry White Mocha, a hot coffee drink with white cream powder, milk, and mint. Able to come up with the right balance of coffee and chocolate, the beverage is also commendable for being just the right amount of mint flavor.

There is something about the blue flavor, Larry Macdonald, a dessert chef that has experience with chocolate, milk, and whipped cream. However, it doesn't taste as interesting as it seems. There is a hint of the minty flavor, making the drink seem a bit like Starbucks' Secret Santa's Candy Cane. It is a very sweet drink, possibly on this one is that those who really like their drinks is a drink.

The good thing about the blueberry flavor, Larry Macdonald, a dessert chef that has experience with chocolate, milk, and whipped cream. However, it doesn't taste as interesting as it seems. There is a hint of the minty flavor, making the drink seem a bit like Starbucks' Secret Santa's Candy Cane. It is a very sweet drink, possibly on this one is that those who really like their drinks is a drink.

What's your favorite holiday drink? E-mail the author at stuartkucharski@stuartkucharski.com or visit stuartkucharski.com.

Giordano Ball Tees

The New Game in fashion

Be on the ball: Introducing the GIORDANO BALL TEE.

Giordano, a trusted Hong Kong retail brand known for quality and comfortable basics wear, has recently launched its most revolutionary line to date: THE BALL TEE.

The BALL TEE was the brainchild of Giordano's Creative Design Team. It is the first of its kind amongst this array of loose-fitting female tops that are currently hitting the trend waves. This groundbreaking design seeks to combine all the elements of a perfect top: comfortability and ease; high quality and affordability; flexibility and style; easy-to-wear, fashion for all. Giordano is proud to have been the first to produce such an innovative style that will undoubtedly transcend from stylish trend to fashion MUST-HAVE.



These Ball-Shaped tops come in an array of colors, materials and prints. Fabric vary from 100% cotton jersey, polyester-cotton blends to knitted textures. They are available in two sizes: SMALL- for small and medium sized ladies; and MEDIUM- which is good for larger-sized women. Enjoy an assortment of prints and designs suited for every girl at work.

It is easy to assume that such an innovatively fashionable top would be heavy on the pocket. Well, you're in for a surprise. Take a peek at the price tag and see the clincher: IT'S ONLY P798! With the price as affordable as this, you get the best of everything a top has to offer. You just can't go wrong with a BALL TEE.

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Meeting Siri

And how we have a
love hate
relationship

By Tasha Murray

WHEN Apple unveiled Siri as one of the best new features of the iPhone 4S, I wasn't the only one to try her out. While virtual commands on a phone have always been handy, and it always ends up being a source of entertainment for us when we let it pronounce...and mispronounce...things (see names).

However, Get has different goals: all of them, the way not just a more user-oriented platform, the difference comes from the way by using natural language processing, i.e., by listening to your sentence versus a specific command to do what you want that to do. Over time, her intelligent engine will supposedly adapt to your pattern.

and ends in unembellished post letters. I've had her for exactly thirty-five days, and you can see how I've become attached to her by referring to her like a person, what she says that she doesn't have a gender (although she sure sounds like a dude when you speak to her in French).

Currently, RIA is in beta mode, testing her capabilities here in the U.S. the can search for photos on you—add her “I want 200K” and Siri will give you a list of photo places near your location, ranked according to highest ratings. With location services linked to a weather and time check, too, you’d want RIA for her subscription features. Siri can make mistakes, schedule appointments for you. She can send messages, call people, do things members, and make you up (but it’s optional, not with her face, don’t worry).

My first action to try-out the team to work from France. I wanted to say

"Not imply," he told me. "You have power." Her reply? "To whom shall I send the message South the river?" Uh-oh. Did want me to speak to her with an American twang. I had to call them "patron" not "patriot," and "TNG" not "patriot." Names would be a problem, I would realize, and I had to edit my phone book. Our driver, Wang Chong, would not be called "Master Wang."

my phone book anyway. There was no way to tell I was going to call my phone while in a public place to "Call Using Eric." There's a fee for this, but it takes time and a little thinking on your part. The iPhone allows you to provide phone numbers for each contact, and it will send your contact's name



Despite our love-hate relationship, Eli can be a very powerful and handy tool since the kids are trained on. And she knows this, because after I asked her to call my hairdresser, she said, "OK, Tami, what would you do without me?" What would I do without you, in fact, huh?

Conquering Siri

Get the best out of your child's personality by knowing how to tell it to him.

Even though I'm not about to go to the point of your command, make the job easier by using simple phrases. Like the "would like you to reschedule my 7 o'clock meeting," and say instead "Reschedule my meeting please."

2. Fix your phone book.

Our wildernesses are still being lost as we chop up the land for agriculture, development, and other uses. We need to protect the remaining wilderness areas, and we need to restore the lost areas. We need to protect the remaining wilderness areas, and we need to restore the lost areas.

3. Breathe normally.

Sometimes, truncating words leads to the inclusion of more phrases, as in the case of the *in* and *from* phrases in the example.

4. Keep all your consistent.
Her strength is in developing a relationship with you and ensuring your needs will always come first. Motivation is

keeping your pituitary involvement on the pick-a-egg basis.

A 'Jobs' well done

Arrows page 20

heavily in Bushman's biography. Steve Jobs and the personal computer. Jobs and the computer machine are intertwined and a story about Steve Jobs and his life would also be about the evolution of the device, and how he changed it, and how it changed him.

In a bar of Joliet and his great wife, we found a subtle dissonance in his manner and the place. There he was a democrat, open, and that man on a good day. And even then, I thought, he was a man who was not a democrat.

ple for thought, never learned his subject, and often showed his impatience with a hand as small as a

Sometimes, he would present an idea myself, then after mulling it, would do a turnaround, and suggest the same idea as his own.

In many of the events recounted by Insuarez than happened between John, his advertising colleagues, Insuarez would either direct or lead behavior as written.

However, John's business and goals were unrealistic. He was not a *Millie*, whose every entrance abroad got; he had several business failures, but with each failure he always

Further, the results are in good accord with

But when he did succeed, he would do so in a way that would leave his competitors scrambling and worried again, since the last his companies to remain. He was the great power of the industry, and even his staunchest competitors would be frightened to disagree.

His behavior and success in business were truly inspiring. He is a legend of his own. His sense of elegant simplicity infused in the design of his products and his way

It was about context, though, evidenced in how he wrapped his profanity in be-circumflected and re-negated. He had special friends who insisted on all Apple devices so no one could easily access the guys, and he loathed software and hardware for a living.

In the end it was this someone used for control that would also perhaps be his undoing. The initial diagnosis of his cancer revealed that it was the type responsive to treatment, but his inability to submit control of his body to surgery was too much—he would not to affirm his commitment and his own will to heal himself before his own conviction as someone who

by those involved in the case.

As a husband and family man, he would have shortcomings that would have a rift between him and his eldest daughter, whom he refused to acknowledge until much later.

His relationship with wife Lucretia Powell Adams had its ups and downs. John's complicated persona did not say in the least to the beautiful, after all. Still, there was a commonality—Lucretia's calm demeanor would complement John's more-

John said that he wanted his bi-
ography written because he wanted
his children to know him. At the
end of *On the Beach*, John leaves us
with one more thing, his answer
to how he wished his legacy to be
remembered. His vision and moti-
vation for giving us *On the Beach* of
fiction, said from his heart, humanity

Even if you are not a fan of Steve Aoki, Madonna's track is a worthy nod, as it shares the history of one of the clubbing objects in our lives, and the man behind the machine. It's the story of a man who will one day be in the same sweaty bunker along with other party attendees.

Steve Aoki is available at Maroon of Beach House.



PATTINSON, *Robert* Lily Tomlin
(left) in "The Way, Way Back."

By Vito P. Abo

WITH THE imminent end of the "Twilight" saga—which began its wrap-up with the release of "Breaking Dawn, Part One" yesterday (its finale screens on Nov. 14 next week)—the burning and sizzling face of Robert Pattinson, Britain's newest and Taylor Lautner are wondering what's on the director's next cheap plastic.

Pattinson's charmed, pretty-boy looks are perfect for period dramas and experimental

romances...but, he goes the contemporary route in David Cronenberg's gonzo-style drama, "Cosmopolis," where he plays Eric Packer, a newly married young millionaire who loses everything in the course of a single day!

His role in Debra Granollan and Nick Grimard's "The Way, Way Back" is even edgier. The period piece chronicles the life of George (Pattinson) and his rise to power in the 1920s, which he accomplishes by manipulating the city's most influential women, including Vera (Therese), Christine (Holt) and Kristin (Lautner).

Road trips

At least Patrick also has something exciting up his sleeve: He takes on Jack Kerouac's autobiographical "On The Road,"

based on the spontaneous road trips of Kerouac (who's the poster child of the post-war Beat Generation) and his friends across mid-20th century America. The movie's exciting cast also includes Kristen Bell, Viggo Mortensen, Tom Berenger, Garret Hedlund and Amy Adams.

We're even more excited about the actors' busy movie lineups. In "Snow White and the Huntsman," Rupert Penry-White gets a dark role in the well-known fairy tale, with Robert Pattinson playing the biological prince.

Upon the first Queen's (Therese) color, the Huntsman (White) enters the world, where he's supposed to kill her. Instead, he becomes the prince's protector and mentor in his quest to van-

quish the evil witch's army.

After failing to make it into "Abraham," Taylor Lautner is looking for his next action. "Extraction," a futuristic thriller based on Catherine Fisher's wild novel about Finn (Lautner) and Claudia (Holt) Juan Garcia, protagonists confined by the members of a high-tech prison in an alternate world controlled by artificial intelligence.

Then, Jacob Black's show up just might be limited to "Twilight." Scott Derrickson's upcoming screen adaptation on the life of the famous king of Israel, David (Lautner), who over the run from Goliath, 3,000 years through, Lautner will have a lot of movie-making to do, because the actor tapped to play his arch enemy in "Draught" ("The Book of David").



STEWART AND LAUTNER, Part 1
Robert White and David, respectively

Bankable new stars for a resurgent movie industry

By Monica U. Torre

ONLY A COUPLE of years ago, the five mainstream local movies that were still being made despite the industry's decade-long slump were flopping all over the place. Today, however, more films are being made, and more of them have turned out to be "winner" hits. —What's going on?

One of the reasons for the resurgence is the rise of some new and steady local stars whose names are the "wrong" place to exactly the right time, giving moviegoers what

they've been looking for. Given that they themselves didn't have a shot, did these lucky picks live the bankable, new stars for a resurgent Filipino film industry?

The first "winner" hit of 2013, "No Other Man," featured three of them—Anne Curtis, Criselda Reyna, and Derek Ramsay. What do they have in common? They're relatively young, sexy-looking and ready, able and ready to take and lose.

Graphic sex

Actually, when you compare these three stars to the



REYES, Screen-criticism suggests bankable.

ready hot-to-trot screen counterparts of the '70s and '80s, when graphics are really cranked on the local screen (and featured in its ads), today's "new" stars are relatively plain and quite proper.

But, in their "breakthrough" movies, they dared and dared enough to make scenes as up and vulgar that something "different" and trendy was taking place: Even if it was mostly suggestive, screen criticism was saying: It's a comeback—maybe slowly defined back.

Hardly they seemed to

mean—but not digress, so that their movie's classification would not be severely restricted and it could appear to make moviegoers, hence potentially becoming a big hit—which is precisely what it's up and down.

The big test of the resurgent level of the show was: moviegoers will come when they eventually fulfill their follow-up movies. Gradually big stars are able to headline a new film on their own and by their own, and make a big hit. —That's why producers regard them as "bankable," because they're

uniquely reliable in their ability to draw crowds to see their movies.

Projects

So, we can bet that Anne, Derek and Criselda's individual bankable and movies are being very careful and slower in taking up their separate follow-up projects, to make doubly sure that "No Other Man" is a huge success and a one-time phenomenon.

The other hope for the screen, "Prayer for Forgiveness," is a solo career, with Vera Garcia making a particularly

MONICA U. TORRE



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